

# Birth Control Pill Directions

## Preferred Women's Healthcare

### Sunday Start:

Begin BCP's the first Sunday after your period begins. (If your period begins on Sunday, begin your BCP's that day.) When you begin your BCP's on Sunday, you will take your last BCP on Saturday, three (3) weeks later. Then your period should begin approximately Tuesday of the following week. If you are using a 28 day pack, you will be taking a pill every day (the last week of pills are a different color).

Try to take your pill at the same time every day (morning or night). If you miss a pill, take it as soon as you remember, but be aware that you will probably have some bleeding for a few days. Do not stop taking them! You will need to use extra contraception (foam/condoms) when you miss pills.

For the first month on BCP's you will need to use another method of contraception (foam/condoms). Do not be alarmed if you have break-through bleeding the first three packs of BCP's. Please do not stop taking them, your body will need this adjustment time. When you begin the fourth pack, you should not have any bleeding except on your period. Sometimes, on BCP's you will have lighter periods and sometimes only spotting. This is okay if you have taken your pills properly and have not missed any. However if you do not have any bleeding or any spotting do a pregnancy test before beginning a next pack of pills.

Antibiotics (depending on what type) and anti-seizure medications may reduce the effectiveness of the low dose contraceptive pill. In other words, if you are using the pill and taking an antibiotic or anti-seizure drug, it is possible that you may get pregnant. You will need to talk with your doctor about being placed on a higher dose BCP if you are taking anti-seizure medications for a prolonged period of time. Therefore, we recommend that you use additional protection for any cycle in which you use an antibiotic or anti-seizure medication. This may include a condom, foam, sponge, or any other barrier method.

Remember no form of contraception is ever 100% effective. If you have questions, please call the office.

### **Early Pill Warning Signs**

**Abdominal pain (severe)**

**Chest pain (severe) - cough, shortness of breath**

**Headache (severe) - dizziness, weakness, or numbness**

**Eye problems - vision loss or blurring**

**Severe leg pain - calf or thigh**